

# Mac and Beans Medley

**Makes:** 4 servings

Bell peppers, tomatoes, and beans add color and flavor to this meal, while the red pepper flakes add a little bit of heat.

## Ingredients

- 4** garlic clove
- 1** bell pepper (green, red, yellow, or orange)
- 2 tablespoons** oil
- 1 can** tomatoes (14-15 ounces, diced)
- 1 can** beans (14-15 ounces, black, kidney, pinto or other, drained and rinsed)
- 1 teaspoon** red pepper flakes (crushed)
- 2 cups** macaroni (cooked, without salt or fat added or other pasta)

## Directions

1. Wash hands with warm water and soap.
2. Peel and finely chop the garlic. Core, seed, and finely chop the bell pepper.
3. Heat oil in large skillet over medium-high heat. Add garlic and bell pepper. Cook for one minute. Do not let garlic brown. Add diced tomatoes (do not drain) and red pepper flakes.
4. Cover the skillet and lower heat. Cook for 10 minutes or until sauce is slightly thickened.

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>330</b>
<b>Total Fat</b>	<b>8 g</b>
Saturated Fat	1 g
Cholesterol	0 mg
<b>Sodium</b>	<b>240 mg</b>
<b>Total Carbohydrate</b>	<b>52 g</b>
Dietary Fiber	13 g
Total Sugars	6 g
Added Sugars included	N/A
<b>Protein</b>	<b>13 g</b>
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

5. Add beans and cooked macaroni to skillet and cook 5 minutes or until heated through.

6. Serve hot.

**Source:** Arizona Nutrition Network, Champions for Change Recipes